

戒貪饕

口腹貪饕豈有窮，咽喉一過總成空；
何如惜福留餘地，養得清虛樂在中。

——宋 蘇軾



Restrain Greed

— Su Shi (Song Dynasty)

Will gluttony ever be satisfied?

Once food passes the throat, its gone.

Imagine instead, if we cherish blessings for the future?

Resting pure and tranquil: Ah! The happiness!

